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WE CLAIM:

1. A food composition comprising oils and from about 0.05 wt.% to about 5.0 wt.% of a membrane separated lecithin having a ratio of alkali metals to alkaline earth metals ranging from greater than 0 to about 10.

- 5 2. The food composition of claim 1 further comprising from about 20 wt.% to about 100% wt.% fat phase and from greater than 0 wt.% to about 80 wt.% aqueous phase.
 - 3. The food composition of claim 1 further comprising from about 30 wt.% to about 100 wt.% fat phase and from greater than 0 wt.% to about 70 wt.% aqueous phase.
- 4. The food composition of claim 1 further comprising from about 60 wt.% to about 90 wt.% fat phase and from about 10 wt.% to about 40 wt.% of aqueous phase.
 - 5. The food composition of claim 1 wherein the membrane separated lecithin having a ratio of alkali metals to alkaline-earth metals ranges from greater than 0 wt.% to about 5 wt.%.
- 6. The food composition of claim 5 further comprising from about 20 wt.% to about 100% wt.% fat phase and from greater than 0 wt.% to about 80 wt.% aqueous phase.
 - 7. The food composition of claim 5 further comprising from about 30 wt.% to about 100 wt.% fat phase and from greater than 0 wt.% to about 70 wt.% aqueous phase.
 - 8. The food composition of claim 5 further comprising from about 60 wt.% to about 90 wt.% fat phase and from about 10 wt.% to about 40 wt.% of aqueous phase.
- 20 9. The food composition of claim 1 wherein the lecithin having a ratio of alkali metals to alkaline earth metals ranges from about 1.6 to about 3.0.
 - 10. The food composition of claim 9 further comprising from about 20 wt.% to about 100% wt.% fat phase and from greater than 0 wt.% to about 80 wt.% aqueous phase.

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11. The food composition of claim 9 further comprising from about 30 wt.% to about 100 wt.% fat phase and from greater than 0 wt.% to about 70 wt.% aqueous phase.

- 12. The food composition of claim 9 further comprising from about 60 wt.% to about 90 wt.% fat phase and from about 10 wt.% to about 40 wt.% of aqueous phase.
- 5 13. The food composition of claim 1 wherein the lecithin having a ratio of alkali metals to alkaline earth metals ranges from about 1.8 to about 2.8.
 - 14. The food composition of claim 13 further comprising from about 20 wt.% to about 100% wt.% fat phase and from greater than 0 wt.% to about 80 wt.% aqueous phase.
- 15. The food composition of claim 13 further comprising from about 30 wt.% to about 10 wt.% fat phase and from greater than 0 wt.% to about 70 wt.% aqueous phase.
 - 16. The food composition of claim 13 further comprising from about 60 wt.% to about 90 wt.% fat phase and from about 10 wt.% to about 40 wt.% of aqueous phase.